

# START SMALL. GO BIG!

## 2019 INCENTIVE PROGRAM

January 1, 2019 - June 30, 2019

### ELIGIBILITY REQUIREMENTS:

- All Permanent active state employees eligible
- Use Employee ID# as username

### INCENTIVE:

- Earn 200 points for \$100 and/or wellness prizes
- Incentives available until funds depleted or by 06/30/19
- Complete Health Assessment and Wellness Score Survey

### ACCESS YOUR WELLNESS PORTAL:

<https://mybluehealth.bcbsvt.com>

**LITTLE CHANGES  
MAKE A BIG DIFFERENCE!**

### FOR MORE INFORMATION:

VISIT [HTTPS://HUMANRESOURCES.VERMONT.GOV/BENEFITS-WELLNESS/WELLNESS/INCENTIVE-PROGRAM](https://humanresources.vermont.gov/benefits-wellness/wellness/incentive-program)  
OR CALL: (802) 828 - 7308

*Health and wellness benefits are administered by:*



An Independent Licensee of the Blue Cross and Blue Shield Association.